

Fitness Orientations & Services

For registration details, call Debbie Post at 259-4176. JCWCC

Basic Orientation

FREE!

A fitness attendant will demonstrate how to set up and determine seat and pad settings for the Nautilus or Cybex equipment. They'll also discuss general physical fitness principles and fitness room etiquette. Orientations are available by appointment several times a day. Allow one hour to complete an orientation.

Program Design Orientation

FREE!

A fitness trainer will determine initial weight settings for patrons for either line of equipment. Patrons will be required to complete Basic Orientation and fill out a Medical History Inventory before registering. Patrons should allow one hour to complete this orientation.

Cardiovascular Endurance Machines

Fitness staff are available to provide information on how to use the equipment on an as-needed basis.



Our staff can help you design a fitness plan to meet your personal health and wellness needs.

Personal Fitness Services

Body Composition Analysis

Estimates percentage of body fat within 2-3 percent in relation to your overall body weight. Skin-fold measurements are taken at multiple sites or bioelectrical impedance analysis is employed using a fully computerized system. The cost includes a re-test in three months. \$10

March	303400-A
April	304400-A
May	305400-A
June	306400-A
July	307400-A
August	308400-A
September	309400-A

Fitness Assessment

Evaluates your current level of fitness, including tests for muscular strength and endurance, flexibility, cardiovascular fitness, and body composition.

A personalized program is then designed to give you a plan tailored to your current fitness level and personal goals. Includes repeat body composition after three months. Call 259-4176 before registration. \$50

March	303410-A
April	304410-A
May	305410-A
June	306410-A
July	307410-A
August	308410-A
September	309410-A

Personal Training

The coach and motivator you've always dreamed of. An exercise professional who knows both exercise program design and YOU. They have their fingers on the pulse of exercise and your hot buttons. They'll get you through sticking points as well as plateaus in a training program. Call 259-4176 before registration.

March	\$45/\$40/hour	303420-A
	\$355/\$350/10 sessions	303430-A
April	\$45/\$40/hour	304420-A
	\$355/\$350/10 sessions	304430-A
May	\$45/\$40/hour	305420-A
	\$355/\$350/10 sessions	305430-A

June	\$45/\$40/hour	306420-A
	\$355/\$350/10 sessions	306430-A
July	\$45/\$40/hour	307420-A
	\$355/\$350/10 sessions	307430-A
August	\$45/\$40/hour	308420-A
	\$355/\$350/10 sessions	308430-A
September	\$45/\$40/hour	309420-A
	\$355/\$350/10 sessions	309430-A

Aerobics/Fitness Classes

All of our instructors are certified by nationally recognized organizations such as: AFAA, ACE, Yoga Alliance and STOTT Pilates.

Wristband or Combo Pass

Purchase a wristband or combo pass for access to classes. Wristbands and combo passes allow you to take any land or aqua fitness class you like as long as there is space available in the class. One month unlimited classes are for those who do not hold a 3-, 6- or 12-month access pass; one month unlimited classes if you have a 3-, 6- or 12-month access pass; and the 10-tab wristband with no expiration date. Wristband prices are as follows:

Unlimited monthly without access pass

March	\$50/\$45	303700-A
April	\$50/\$45	304700-A
May	\$50/\$45	305700-A
June	\$50/\$45	306700-A
July	\$50/\$45	307700-A
August	\$50/\$45	308700-A
September	\$50/\$45	309700-A

Unlimited monthly with access pass

March	\$30	303710-A
April	\$30	304710-A
May	\$30	305710-A
June	\$30	306710-A
July	\$30	307710-A
August	\$30	308710-A
September	\$30	309710-A

10-tab wristband with no expiration date

March	\$55/\$50	303720-A
April	\$55/\$50	304720-A
May	\$55/\$50	305720-A
June	\$55/\$50	306720-A
July	\$55/\$50	307720-A
August	\$55/\$50	308720-A
September	\$55/\$50	309720-A

Key to Intensity* of Classes

- ♥ = Moderate, low intensity
- ♥ ♥ = Medium intensity
- ♥ ♥ ♥ = High intensity
- ♥ ♥ ♥ ♥ = Base endurance needed

Classes are 50 minutes, unless otherwise noted. The most current schedules are available online, at the front desk, are posted outside the aerobic studio and can be emailed to participants who provide an email address at the time of registration. Schedules are subject to change.

* Intensity is not the same as impact.
We do not teach high impact aerobics!

Aerobic Conditioning/ Cardiovascular/ Weight Loss

Low Impact ♥♥ to ♥♥♥♥

A rhythmic cardiovascular workout that includes a strength training and flexibility segment. Low impact for your body, but definitely not low intensity.

20-20-20 ♥♥ to ♥♥♥♥

A total body workout, this class includes 20 minutes of cardiovascular conditioning in the form of step, kickboxing, or hi/low aerobics, 20 minutes of strength training using hand held weights or resistance tubing, and 20 minutes of lower body toning and stretching.

Zumba® ♥♥ to ♥♥♥♥

Zumba® is a fun and effective cardio workout with sculpting exercises designed to tone the entire body. Depending on how you exert yourself, you could burn between 300 to 600 calories per class! This high/low impact class is for all fitness levels.

Step ♥♥♥♥

A cardiovascular and muscular workout that has the capability to be very intense without the stress of high impact on your joints and muscles. Step aerobics burns 30-60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals and buttocks. It uses a 4-8 inch bench step to keep the heart rate up while minimizing the impact on the lower body.

jccgov.com/recreation

Muscular Conditioning

SilverSneakers® Muscular Strength & Range of Motion ♥

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Body Sculpting ♥♥

An upper and lower body muscle conditioning class using a variety of resistance devices including hand weights, body bars, resistance tubing, steps, mats and resistance balls. A great full body workout that will help boost your metabolism!

Boot Camp ♥♥♥♥ to ♥♥♥♥♥

Are you ready to get yourself in tip-top shape? Using total body conditioning techniques, Boot Camp combines a series of high intensity cardio interval workouts along with weight training to increase your metabolism and burn an army of calories!

Flexibility/Core Conditioning/Mind-Body

SilverSneakers® YogaStretch ♥

YogaStretch moves your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Pilates ♥♥

This mat based workout uses specific movements to improve posture, flexibility, strength, and body awareness. Pilates integrates body and mind to create a completely balanced form, while focusing on the body's core areas: abs, glutes, hips, and lower back. You'll work with your body, not against it.

Aerobics/Fitness



Hatha Yoga (mixed level) ♥ to ♥♥♥

A physical experience designed to integrate mind, body and spirit. Yoga poses are introduced and taught with varying degrees of intensity for different levels of experience. It will develop muscular strength, improve flexibility, release tension and develop peace of mind.

Vinyasa Flow Yoga ♥♥

Discover the mind-body connection of yoga asana practice. Tone from head to toe, gain flexibility, increase cardio capacity and enjoy peace of mind. With Vinyasa Flow Yoga, you'll move through postures with the breath as your guide. This all-levels class will feature standing poses and include forward and back bending, twists, balances, core work and restorative postures for a varied workout. Come experience this ancient practice in a whole new way. Previous yoga experience is helpful, but not required.

Core Stretch ♥ to ♥♥

The muscles of the core are our most used, most abused and most neglected! This class will be a combination of Pilates and traditional core exercises, designed to engage the muscles of the core to increase their flexibility and strength. Suitable for all fitness levels.



Parks and Recreation offers a variety of fitness classes for all abilities.